

Weight Control

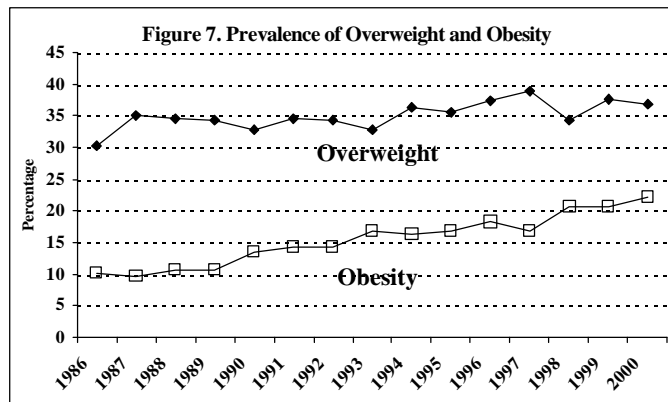
BRFSS data indicates that many South Carolinians are overweight or obese. Since health problems can be caused or exacerbated by overweight or obesity, people can dramatically improve their health status by losing weight. In recognition of the importance of maintaining a healthy weight, the BRFSS asked respondents their weight and height in order to calculate their body mass index (BMI). Based on the BMI, overweight is defined as having a BMI between 25 to 30; obesity is defined as having a BMI equal or greater than 30.

Overweight

BRFSS data reveals that 36.6 percent of respondents in South Carolina are overweight. Whites, who reported a 45.6 percent prevalence of overweight, report a significantly higher percentage of overweight BRFSS participants than blacks, whose reported a prevalence of almost 28 percent. People between the ages of 35 and 44 reported an overweight prevalence of 47.2 percent, a figure that was higher than the other age groups. Those between the ages of 45 and 54 reported that 26 percent of them were overweight, representing the age group with the lowest prevalence of overweight. Trend data shows that the percentage of overweight people in South Carolina has risen from 30 percent in 1986 to 36.6 percent in 2000.

Obesity

According to the BRFSS, 21.5 percent of South Carolinians are obese. Black respondents reported a 23 percent prevalence of obesity, compared to a 20 percent prevalence of obesity in whites. The two age groups with the highest prevalence of obesity included people between the ages of 25 and 34 years of age, who reported a 33.3 percent rate of obesity, and those 65 years of age or older, who claimed an almost 37 percent prevalence of obesity. The data indicates that those who have a college degree have the highest prevalence of obesity at 27 percent, compared to those with less than a high school diploma (8.4 percent). The prevalence of obesity has more than doubled between 1986 (10 percent) and 2000 (21.5 percent).

**Table 7. Prevalence of Overweight and Obesity, 2000**

	Overweight			Obesity		
	%	95% CI		%	95% CI	
Overall	36.6	34.6	38.5	21.5	19.9	23.2
Race						
White	45.6	42.5	48.8	20.0	17.6	22.4
Black	27.9	25.6	30.2	23.0	20.9	25.2
Age						
18-24	36.7	34.5	38.9	17.5	15.9	19.1
25-34	35.6	31.2	40.0	33.3	29.2	37.4
35-44	47.2	43.7	50.7	17.6	15.1	20.1
45-54	26.0	23.5	28.6	17.4	15.2	19.6
55-64	39.7	32.2	47.2	28.7	22.3	35.1
65 +	32.4	27.3	37.5	36.9	31.7	42.0
Education						
<High School	27.0	21.4	32.5	8.4	5.2	11.6
HS graduate	32.7	28.2	37.2	21.4	17.7	25.2
Some College	38.2	33.8	42.5	24.9	21.3	28.6
College graduate	40.1	35.7	44.5	27.0	23.0	31.1
House Hold Income						
<\$25,000	40.3	35.0	45.6	28.1	23.3	33.0
\$25,000-\$49,999	40.0	35.1	44.8	18.4	14.6	22.2
\$50,000-\$74,999	37.0	31.4	42.5	29.0	24.1	34.0
\$75,000+	36.6	33.3	40.0	25.3	22.3	28.3
Employment						
Employed	36.6	32.6	40.6	17.8	15.0	20.7
Unemployed	36.1	32.6	39.6	16.5	13.8	19.3
Others	33.0	29.3	36.7	27.2	23.8	30.6
Unable to work	37.0	33.6	40.3	22.9	20.0	25.8